



Making Connections • Staying Active • Living Well



*a division of the Alameda Recreation and Park Department*

# People and Programs

## Healthy Active Living in 2016

Offering over 100 weekly classes in the areas of education, recreation, and social engagement. Seniors Served:

3,657	Mastick Members
135,985	Center Visits
4,505	Bingo Program
22,476	Educational Classes (Arts, Current Events, Language, Technology)
3,737	Mastick Organic Community Garden Individual Serving Salad Bags
21,302	Recreation Classes (Dance, Fitness, Pilates, Tai Chi, Yoga, Chair Yoga)
13,063	Social Interaction (Cards, Games, Puzzles, Special Events)
595	Tax Program
13,318	Thrift Shop
1,120	Day Trip & Travel Program

# New Program Offerings in 2016

**New programs and activities to keep the program vibrant and members engaged:**

- A Brief History of the World in 100 Objects
- Bocce Ball Lessons
- Chair Yoga
- Disc Golf for Seniors and Teens
- Fitness Equipment Orientation
- Make Mobile Devices Easy (Series)
- Peace Corp Experience
- Tarot Meditation Group
- Transcontinental Railroad
- Travel Your Way
- USA Pickleball Clinic
- U.S. Coast Guard in Alameda





# New Day Trip Opportunities & Transportation Programs and Services in 2016

**New and different opportunities are offered to appeal to a diverse and challenging demographic:**

- Government Island and the U.S. Coast Guard Base Tour
- Kayaking in Sausalito
- Sacramento River Cats Minor League Baseball
- San Jose Museum of Quilts and Textiles



## **Travel Programs and Services:**

- AARP Smart Driver Program
- Mastick Walking Group (Using Public Transit)
- Paratransit & Transportation Assistance
- Transportation 101



# Community Collaborations & Partnerships

- Alameda County Area Agency on Aging
- Alameda County Public Health Department
- Alameda Family Services
- Alameda Friendly Visitors
- Alameda Fire Department
- Alameda Hospital
- Alzheimer's Association
- Elders Village & AEC Living
- Health Insurance Counseling and Advocacy Program (HICAP)
- Legal Assistance for Seniors (LAS)
- Mercy Retirement Center
- Osher Lifelong Learning Institute at Cal. State, East Bay
- Spectrum Community Services



# Mastick Senior Center Advisory Board (MSCAB)

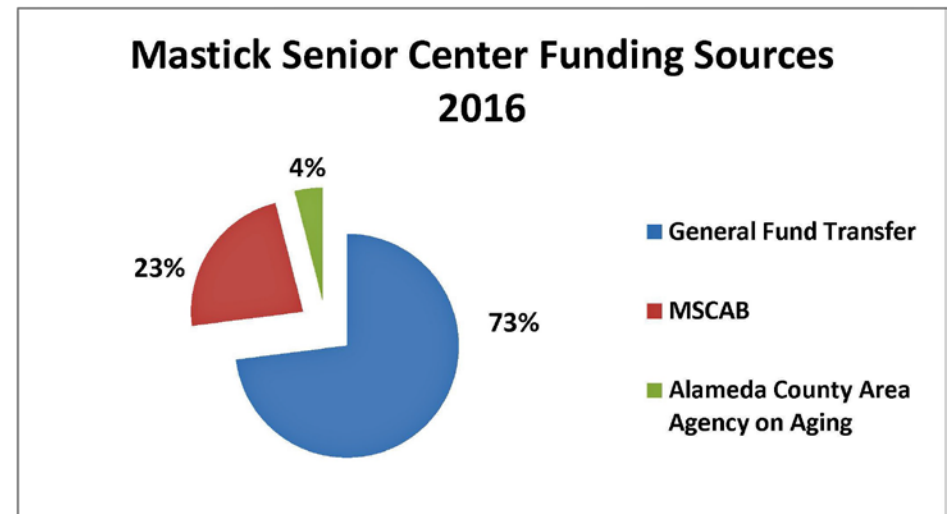
- Active advisory committee for the Senior Center.
- Manages fundraisers: Bingo Program, Thrift Shop, Direct-mail letter(s), and more.
- Utilizes fundraising dollars for direct senior services and capital improvements.
- MSCAB provided over \$1.3 million for capital improvements since the Centers inception.

# Budget

**MSCAB Scholarship Program** – Members enjoyed an array of programs due to support from the MSCAB Scholarship Program. During 2016, the MSCAB issued 183 scholarships totaling over \$6,300.

**Mastick Senior Center Legacy Giving Program** – During 2016, over \$29,000 was received from bequest for the express benefit of the Mastick Senior Center.

**Financial Contribution Breakdown** – During 2016, the MASCAB invested \$72,168 toward facility maintenance and capital improvements. The MSCAB raised \$168,988 from fundraising activities and donations, helping to offset program expenses.





# Projects

**Exterior Dry Rot Repair** – This project included replacing 34 windows, three doors, and random dry rot repairs throughout the facility's exterior. This \$49,257 improvement was funded by the MSCAB.



**Outdoor Fitness Equipment** – Six pieces of outdoor fitness equipment were added to the Mastick courtyard for member use. This \$36,954 improvement was funded by cell tower revenue.



**Exterior Stucco Repair** – Cracks in the stucco were repaired throughout the facility and the facility's exterior. This \$15,338 improvement was funded by the MSCAB.





# Volunteers & Staff

## Volunteer & Staff contribution:

- Full-time = 3
- Part-Time = 157 weekly hours
- Volunteers = 210 Volunteers contributed 25,237.25 hours for a total cost of savings of \$535,534 or 13 Full-Time Staff Equivalent

